

PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB
AUSTRALIA

SEPTEMBER

2022

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Spotlight on Horse Welfare



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Tuesday
Sept 13

'Horse Welfare and the Five Domains Model'



with KAREN LUKE

"Karen Luke is a PhD candidate researching horse welfare and rider safety at Central Queensland University, with her research focusing of horse behaviour, horse training and horse-human interactions.

She has undergraduate and post-graduate qualifications in psychology, education and paramedicine and is a registered PCA NCAS Level 1 Coach with many years' coaching experience. Karen has ridden competitively in eventing and continues to start and train her own horses.

Karen is the founder of Equestrian Solutions International, a consultancy focused on helping equestrian organisations and horse owners develop the knowledge and skills needed to create a sustainable future for equestrian sport.

She offers in person and online one-to-one coaching and problem solving for riders, workshops for groups and clubs, and assists organisations with tasks such as rider and coach education and policy development.

Webinar link for Sept 13th

[Horse Welfare and the Five Domains Model](#)

Watch for Facebook and Instagram reminders.

This session will also be recorded and available later on the PCA YouTube channel.

PCA New Welfare Policy – see page 6



Sally Francis, OAM



Now on the PCA
YouTube channel



Mary Longden

Inclusive Coaching Made Easy and Fun

Watch: <https://ponyclubaustralia.com.au/pcancas/inclusive-coaching/>

This link includes: Coaches' online quiz for 2CPD points and the gear exemption form for riders with special requirements

Announcing: The 2022 PCA Awards

Nominate your stars now!

Nominations are now open for the 2022 Pony Club Australia Awards. We are grateful to award sponsors Ranvet, Hygain, DMAC Apparel, East Coast Equine and Gow Gates Insurance Brokers.

[All the details on the award criteria are on the PCA website here.](#)

Nominations can be made on the [form here](#) and are due in by 2nd October 2022.



Ranvet
Trusted Performance Products



Gow-Gates



HYGAIN

dmac apparel

Equitana ticket offer

To show our support for all Pony Clubs across Australia, **EQUITANA** is giving back! Get 15% off General Admission tickets by having a representative from your club apply via the link below. These General Admission tickets can be used at any one of the days at **EQUITANA 2022** 😊

November 10-13 2022

[Apply for Tickets Here](#)





Lungeing Manual

Lungeing is a competence included in the PCA syllabus for riders C*/K and above but is also a common practice for others in Pony Club®. We have produced a manual that includes the purpose of lungeing, appropriate equipment, safety practices and training.

Pony Club Australia thanks the members of the PCA Coaching Advisory Council, particularly Judy Rose, Kathleen Kindler and Marisa Hall, as well as Dianne Colley, Dr Andrew McLean, Dr Portland Jones and Dr Kirrilly Thompson for their assistance with the new Lungeing Manual.



A good lungeing outline

[* Free to download from the PCA website \(under Horse Resource\)](#)
or colour copies can be purchased from the PCA online shop for \$25 incl. postage.
How to order - see Page 7

Pony Club and Periods

Pony Club Australia is collaborating with the University of Newcastle on a research study looking at the ways that periods can impact a rider's experience of Pony Club®.

Are you a female riding member of Pony Club Australia aged 10-17?

We want to learn how periods affect your Pony Club experience, so we can find ways to support our riders.

Check your emails for more information about our research with the University of Newcastle and your survey invitation.

You might have seen the topic of periods and sport discussed in the media recently for both tennis and cricket. PCA will use the contact email address for female members aged 10 – 17 years to send the survey link directly. This email address will be the parents', in most cases.

Participation is voluntary and all responses are anonymous. Members will receive an information guide on the survey to assist their decision to participate. PCA strongly encourages this group of members to tell us what they think, so that we can continue to improve.



International teams 2022

International Pony Club competitions are running in virtual format for 2022 and we have some great opportunities in the next few months.



Pony Club International Alliance



Dressage

The dressage competition follows the same format as 2021.

The tests will need to be ridden 8th – 16th October and videos submitted by 17th October 2022.

Members with a state or national level competition record in dressage are invited to apply.

There are four places per team, with two pairs in class four.

*The organisers have set the ages as at 1st October 2022

[Please apply direct to Pony Club Australia using this form.](#) **Applications close 19th September 2022.**

#	Judging	Class Name	Dressage Test	Eligibility*
Class 1	Canada	Training Level	USDF Training Level Test 1	14 years and under
Class 2	Hong Kong	First Level	USDF First Level Test 1	18 years and under
Class 3	South Africa	Second Level	USDF Second Level Test 1	25 years and under
Class 4	USA	Pas de Deux Freestyle to Music (fancy dress optional)	USDF Pas de Deux Freestyle Note: USDF Rules for Pas de Deux	No age restriction
Class 5	New Zealand	Prix Caprilli	NZPCA Prix Caprilli PRIX CAPRILLI TEST Y	No age restriction

Showjumping



Australia is running the international showjumping and the competition rounds must be completed in the period from mid-October to mid-November.

There will be two teams of four riders - over 80cm (riders 16 years and under) and 105cm (riders 25 years and under) courses.

PCA is seeking a host state(s) for the competition and the National team(s) will be drawn from that state.

Quiz



Australia is hosting the PCIA Quiz on 4th December 2022. The four team members for the Australian National Quiz team will be nominated by their state from the team members that participated in the 2021 PCA Nationals Quiz. Team members must have their C* certificate or above.

Applications for the Quiz Team Manager role close on 26th September 2022 and can be made using this form <https://form.jotform.com/222391503871454>



Horse Welfare Policy

Horse Welfare is one of our priorities and values, and PCA shares this value with all of our members and supporters. [Our new Horse Welfare Policy, on the PCA website](#), is based on the Five Domains of welfare. This model ensures that we consider both the elements necessary for survival (food, water, shelter, health care) and the interactions that contribute to a 'good life'.

The policy provides advice on caring for your horse at home, as well as the rules that members must comply with at Pony Club® competitions and activities. Take time to read the full policy today!

Horse Welfare Policy

The Five Domains

■ Survival-related factors ■ Situation-related factors

- Physical Environment** (Survival-related factors): Safe and appropriate surroundings
- Health** (Situation-related factors): Fit and healthy; Injuries and illnesses treated
- Nutrition** (Survival-related factors): Enough water; Balanced and varied diet
- Behavioural interactions** (Situation-related factors): Able to express natural behaviours; Positive interactions
- Mental experiences** (Situation-related factors): Pleasure of eating and grazing; Safe and pleasant environment; Vitality and high functional capacity; Calm, confident and secure; Engaging, social and playful

Welfare status

PONY CLUB AUSTRALIA
ponyclubaustralia.com.au

Twitter, Facebook, Instagram icons

Family memberships and sharing email addresses

Can two members use the same email address for their JustGo membership profiles?

Yes, members can share the same email address in the JustGo system by creating a "Family".

Through the Family setup, even new members can use the same email address as the existing members when signing up.

For example, a parent has used their email address in their child's profile and now wants to create their own profile in the system with the same email address. If they use the sign-up option, the system will prompt that the email address is in use but by creating a "Family" in the system, it becomes possible.

Creating a Family in the system not only enables new members to use existing members' information (email address, phone number, address etc) but also gives members access to other member's profiles in the family through their login.

For example, Sarah has created a family in the system and has added her two children to her family. Now, Sarah can access both her children's profiles, pay their memberships, register them for events and manage other details all through her profile.

How to create a family in the system:

1st Step – Click on My Profile > Scroll down to "Create Family" > Add Family Member.



2nd Step – Select "Existing Member" – If a profile for a member already exists in the system.

Select "New Member" – If the member is new to Pony Club and doesn't have any membership profile.



Close

Purchasing manuals and other PCA products in JustGo

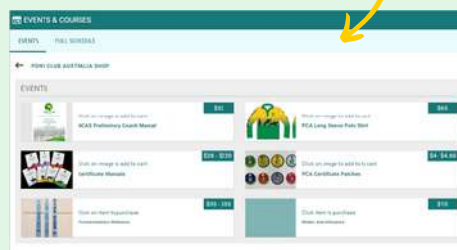
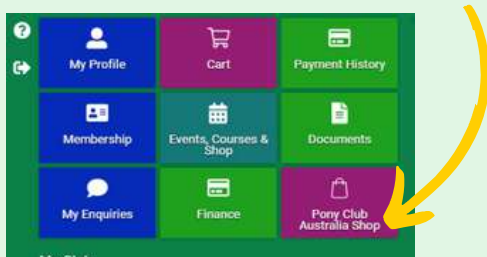
All PCA manuals, certificates and other PCA products can be purchased using Pony Club Australia Shop on the JustGo database system. To access the shop, click on the "Menu" tab and scroll down to find "Pony Club Australia Shop"

All the available products will be displayed on the screen and can be easily bought by clicking on the preferred items.

Selling:

Similarly, clubs and zones can also sell their products using the "Event Management" tile.

To learn more about how to set up shop/events in the JustGo system, please [view this YouTube video link.](#)



Pony Club Australia Prince Phillip Mounted Games 2022

PCA National Prince Phillip Mounted games are being held in NSW/ Canberra region on Saturday the 22nd of October and Sunday the 23rd of October 2022. Most States have now selected their teams. Congratulations and good luck to the following riders.

VIC Juniors

Ryan Bissicks - Yarrambat PC
Seren McKeever - Woodlands PC
Gabriel Smith - Phip Island PC
Kiarra Yalden - St Andrews PC
Tarli Yalden - St Andrews PC
RESERVE - Tara Murphy - Woodlands PC
COACH - Warwick Slade

Names for the Qld, NSW, and WA teams were not available at the time of publication.



VIC Seniors

Georgia Bissicks - Yarrambat PC
Jack Bissicks - Yarrambat PC
Jay France - Kangaroo Ground PC
Charlotte Stewart - Bealiba PC
Paige Witney - Mt Evelyn PC
COACH Alister Ling

Below: Tassie knows how to promote their teams for this National event

SA

Senior:
Amelia Young
Sahara Warren
Meagan Brown
Tierym Warren
Caitlyn Charles
*Team Manager: Karen Charles
*Coach: Sue Young
(No Junior team)

A colorful team poster for the 2022 National Prince Phillip Mounted Games Team from Tasmania. The poster features a dark background with a vibrant, multi-colored brushstroke effect in shades of purple, blue, and red. The text is white and yellow. At the top left is the Pony Club Tasmania logo, which consists of a red circle with a green map of Tasmania inside. Below the logo is the text 'PONY CLUB TASMANIA'. In the center, it says '2022 National Prince Phillip Mounted Games Team'. To the right, it lists the 'TEAM COACH Theresa Elias' and 'TEAM MANAGER Karen Pearce'. Below that, it lists the 'JUNIOR TEAM' members: Ashlea Rees (Birrilee), Ilanna McDougall (Birrilee), Ruby Hirst (Birrilee), Sarah Shelverton (Huntingfield), and Meg Kilby (Tas). Reserves for the junior team are listed as Charl-anne Bennett (Deloraine), Chloe Dawn (Huntingfield), and Mila Jane (Launceston). To the right of the junior team is the 'SENIOR TEAM' members: David Gardiner (Circular Head), Jemima Gardiner (Circular Head), Britney Cooper (Leven), Bailey Elias (Tas), and Georgia Elias (Tas). Reserves for the senior team are listed as Brooke Foster (Mersey Valley), Sophie Orchard (Deloraine), and Bethany Macfarlane (Birrilee).

Ever thought of becoming a Pony Club coach?

Becoming a nationally-accredited coach is a great way to participate in Pony Club® and also assist young riders in the family. The Foundation Coach is focused on rider safety and providing instruction to E and D level riders at Pony Club®. Coaches can be accredited from the age of 16 years.

Candidates can study at home and can be assessed locally by a PCANCAS Level 1 coach in your area. The Foundation Coach accreditation is not a pre-requisite for the PCANCAS Preliminary Coach, but there are many elements that will be recognised as prior learning for the Preliminary, making it a significant stepping stone.

You can read more about the PCANCAS Foundation Coach on the next page. The manual can be purchased from the PCA Shop for \$28 including postage.

Introducing . . .

The Foundation Coach qualification

PCA is excited to announce our new NCAS Foundation Coach qualification.

What is an NCAS (National Coaching Accreditation Scheme) Foundation Coach?

An NCAS foundation coaching qualification is your first step to becoming a PCA qualified coach.

What is the purpose of the course?

The PCANCAS Foundation Coach qualification has been designed to equip coaches with the knowledge and skills necessary to coach riders at E and D level of proficiency or equivalent.

How old must I be to receive my PCANCAS foundation coach qualification?

16yrs or over.

Do I need to be a PCA member to enrol in this course?

Yes you will need to be a current PCA member. (This can be riding member, supporter, etc)

How long will it take to complete the course?

The course is designed to be flexible. The candidate can work at their own pace. So, you can work through as quickly or as slowly as you like. However, the practical examination should be undertaken within two years of course registration. (The course is an estimated 12hrs supervised, minimum 11 hours unsupervised, so a total of approximately 23hrs.)

Why should I become a PCANCAS Foundation Coach?

The community needs coaches who can introduce riders to owning and riding horses safely and responsibly whilst upholding equine welfare. Clubs need to have qualified coaches coaching PCA Club members at rallies/musters.

Are there pathways after I finish my PCANCAS Foundation Coach Qualification?

Once complete you can move on to a PCANCAS Preliminary coaching course followed by a PCANCAS Level 1 coaching course.

How do I enrol in this course?

Talk to your Zone Chief Instructor, DC or head coach and let them know you are interested. Order the PCANCAS Foundation Coach Manual from the PCA Shop on the JustGo website.

How am I assessed for this course?

You will be required to fill out a workbook and coaching log online. Upon completion this workbook will be forwarded to your assessor to approve. Once your workbook is approved you will then be required to do your practical assessment.

Who can mentor me?

A mentor must be a current PCANCAS Preliminary coach or a current PCANCAS Level 1 coach.

Who can assess me?

An assessor must be a current PCANCAS Level 1 coach or state appointed approved assessor

How long will my practical assessment take?

Approximately one hour.

Where do I find the PCANCAS Foundation coach workbook?

When candidates order the manual online through PCA, they will receive an email with the link to the online workbook.

How much will this course cost?

The PCANCAS manual is available from the PCA shop on the Justgo website for \$28 including postage. The workbook is free to fill in online. Please check with your State regarding the practical assessment cost.

[Click here to check out the Foundation Coach course outline.](#)





Meet the Coach



Alison Kain, Alice Springs Pony Club

Alison Kain grew up in Alice Springs and lived close to the edge of town near a trail riding ranch. She says she used to go and hang over the fence and watch and one day a lady who had a daughter that rode offered to teach her to ride. Eventually Alison's non-horsey parents came on board and got her a horse of her own, she joined Alice Springs Pony Club and her 'wonderful' Dad took on the presidency as she grew up. There were about 2-3 kids at the club at the time! After a turnover in Secretary and President at the club a few years ago, Alison stepped up to the President role and took on a lot of administration responsibility for the club ; she still had both her children riding.

Even when her children moved on from riding, she has continued on and says she never really planned to also add 'coach' to her credentials, and yet when the new 2019 syllabus was brought in, Alison really liked the new syllabus structure and new content focus of bringing more equitation science to Pony Club.

Years earlier, Alison had come across Andrew McLean giving a talk at Equitana and ended up "buying his little yellow book". (*Horse Training The McLean Way. The Science Behind the Art*)

Years later, Alison was told about a coach in Darwin that should be invited to Alice Springs for a clinic for the club. When she arrived, Alison was drawn to the horse-centred teachings of Nicole Mutimer and then realised that she was also teaching Equitation Science. Nicole has since become a great mentor and coach for Alison, who firmly believes our kids are so lucky at Pony Club now that they can learn correctly from the start the right way with the new syllabus, and that's "treating a horse like a horse".

Alison has grown the Alice Springs Pony Club over the last few years, not only increasing junior rider numbers, but also growing the adult riding members. The first two years they did four rallies per year plus clinics with Nicole. The clinic helps in getting expert instruction to everyone and allows time for Alison to ride.

Being 1600km from the nearest big town can bring extra hurdles in running a Pony Club. Namely, volunteers can be even harder to come by. But also rider numbers can dwindle due to the lack of quality, safe, junior riding horses. Lack of riders then lead to lack of committee members, which has seen Alison's husband also take on the Treasurer role. It's a family affair!

Dressage is her favourite discipline and she loves that one great move can give such a sense of reward after weeks of effort.

Her favourite part of Pony Club is that it is more than riding. It's about community. She loves that older kids act as mentors to younger kids and that younger kids look up and aspire to be leaders like their mentors. She feels these benefits of the club environment go way further than learning the technicalities of riding a horse.

Ruth Hanssen from Pony Club NT has said that Alison has reinvigorated Alice Springs Pony Club and after talking with her for this article, we can see the passion and drive she has that has seen her so appreciated. Thanks Alison for all your hard work!



Photos, from top: Alison and a young pupil; Alison riding with one of her children; and with her 'equitation science idol' Andrew McLean.

The Centre Page

Introducing new accredited riding centres to the Pony Club® family

This month we meet [Eq Cetera Inc.](#) - a leading provider of hippotherapy, adaptive horse riding (therapeutic riding) and equine-facilitated learning, at Darling Downs, WA.

Rekha Shaw, head coach at Eq Cetera Riding, has had a lifelong love of horses and brings this passion to her therapeutic coaching.

Eq Cetera offer unique therapy programs through providing adaptive riding for riders with special needs and facilitate hippotherapy for physiotherapists, speech pathologists and occupational therapists, working in conjunction with them to deliver bespoke lessons to help with the rider's requirements. They are an NDIS Registered Provider.

Eq Cetera also offer Equine Facilitated Learning sessions and Rekha is also a certified PATH (Professional Association of Therapeutic Horsemanship International) instructor and her husband Rob has coached for a number of Western Australian Pony Clubs as well.

We welcome Rekha and her team to the Pony Club Australia Accredited Riding Centre group.



Pony Club Australia accredits approved riding centres around Australia to teach the Pony Club syllabus to riders without their own horses. Riders, if and when they get their own horse, are then able to join a local Pony Club. [MORE HERE:](#)

★ What's happened on socials?

Follow Pony Club Australia for handy tips and advice ★

How's your horse's outlook?
Does he look outwards and forwards when you ride, or does he look downwards?

The physical and mental welfare of horses suffers when they are ridden with their necks too round (hyperflexed), with their nasal plane behind a vertical line to the ground ('behind the vertical' or 'behind the bit').

Research shows that horses ridden in hyperflexion have restricted breathing and vision. A horse at liberty would never carry himself in this way for more than a very brief period.

When you next ride, make sure that your horse is not looking downwards. If he is, allow or encourage him to look outwards and forwards!

Learn more about your horse's neck at

<https://www.horsesinsideout.com>



Follow

@ponyclubinternational

Pony Club International Alliance will keep you up to date with Pony Club events around the world



Cross Country Lesson

Do you have dreams of representing Australia in eventing? Think it's all just an impossible dream? Andrew was a member of Culcairn Pony Club and took his Pony Club horse 'Davey' (whom he got when he was 15) to two Olympic Games, two World Championships and a Burghley Three Day Event Title!

How about seeing a 4* (four star level) course from the saddle? Here's a treat - Andrew Hoy and Vassily de Lassos ride the cross country in the Nations Cup at Haras du Pin, France last month.

[You can watch his round via helmet cam here!](#)



Our Australian PCIA representatives are Kaeleigh Brown, Capel Horse and Pony Club WA (right), and Morgan Lane, Horsham Pony Club VIC



Ready for the Big Draw?

25 prizes of \$5,000 each

The Hygain® My Champions Club \$150k competition for Australian Pony Clubs continues to award monthly \$1,000 prizes to lucky clubs, until the end of September.

And now, excitement is building for the MAJOR DRAW that follows the September draw.

In the major draw there will be 25 x \$5,000 prizes awarded! Read all about it at:

<https://hygain.com.au/pages/win4yourclub> or <https://mitavite.com/pages/win4yourclub> and make sure you enter your Pony Club.

Need a reminder on which products are eligible for the competition? There are eight feeds across HYGAIN® and MITAVITE® that can put your Pony Club in the draw:

HYGAIN® products: ZERO®, BALANCED®, TRUCARE®, METASAFE®.

MITAVITE® products: COOL VITALITY®, MUNGA®, GUMNUTS®, XTRA-COOL®.

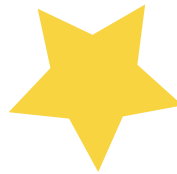
Good luck to every club!
(See [the Hygain website](#) for full T&Cs)



JULY WINNERS
\$1,000 prize

NSW/ACT: Tocumwal Pony Club
VIC/TAS: Barwon Valley Pony Club
SA/NT: Litchfield Horse & Pony Club
QLD: Nerang Pony Club
WA: Serpentine Horse & Pony Club

MY
CHAMPIONS
CLUB



Gear checker Accreditation

Want to help out at Pony Club® not sure where to start. What about getting your PCA Gear Checker Accreditation?

We know there are many parents and supporters who would like to get involved and help with gear check if they only knew what to. We now have an accreditation in place that aims to provide knowledge and set standards of the gear check procedure. To become a gear checker, you will require the following:

- Be a current member of Pony Club Australia
- Meet the requirements for Working with children in the relevant State/Territory
- Be at least 16 years
- Be familiar with the current PCA National gear rules
- Have observed and been supervised performing gear check procedure at rally or muster
- Complete a 20-question open book assessment

Once you have ticked all the above boxes you are ready for your practical gear check assessment before a qualified assessor.

If this sounds like something you would be interested in, [click here to read the Gear Checker Manual](#)

(Located on the website on the coach training page, but you do not need to be a coach).



Could Your Horse Benefit From a Massage?

Part 4 of 4



Natalie Axford

**Willow Tree
Equine Therapies**

**Member,
Warragul Pony Club**

Last month Natalie again talked about palpation; palpating is a technique that massage therapists use to identify muscles that we need to work on. Using our fingertips, we circle and zig-zag over certain muscles, looking for the 4 T's: Tension, Temperature, Texture and, Tenderness.

This month Natalie looks at the last three areas you can palpate to massage your horse

7. Tuber Coxae

The tuber coxae is the pointy bone at the horse's rump that is typically mistaken for the hip. To palpate this area, simply run your hands up and over the bone and press gently into the rump, as if you were continuing onto the other side of the bone inside the horse. This palpation is a little different to the others, as it is usual that you will get a back-dipping type reaction from the horse. If you don't this could be a sign that a massage is in order.

8. Hip

The blue circle on my diagram is where the hip is actually located on the horse. To find this on your horse, run your hand from the flank towards the pointy part of the horse's butt. Once you have located it, run your fingers around the area in a circle, similar to the point of shoulder, and watch for any reaction at a particular area.

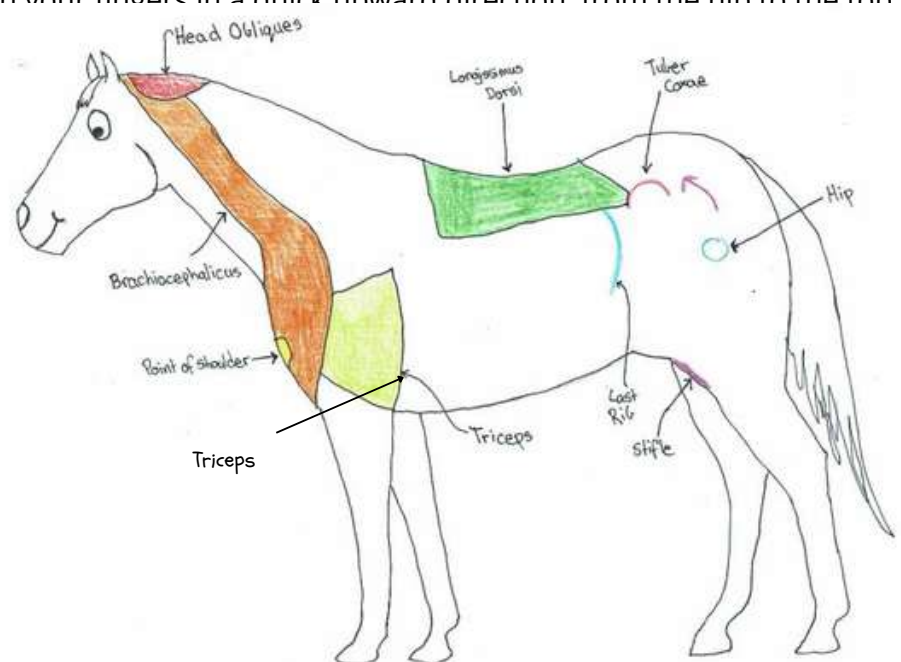
9. Stifle

The stifle is another palpation where a reaction is a good sign. You'll need to put your hand on the stifle, at the top of the horse's leg, and then run your fingers in a quick upward direction from the hip to the top of the rump.

You will need to put some pressure into this palpation, and the normal reaction will be for the stifle to feel like it jumps in your hand.

Palpation helps to identify if your horse requires a massage and it's also great way to bond with your horse. It is important to go over these muscles on both sides of the horse, and note if there is a change from one side to the other.

I hope this has helped you gain a deeper understanding of the way your horse functions, and that it helps make you a better team.



'Penny the Palpation Pony'

This is the final part of the series - thanks to Natalie for her very interesting contribution

All content provided in this editorial is for general use and information only. It is not intended as specific medical advice or opinion.

September 2022 - 14

Horse care whilst at Competitions



Key Points to Remember



1.

Roughage: As grazing animals, horses require a minimum of 1-2kg of roughage per 100kg of body weight per day. It is important to remember that at competitions your horse does not have free access to pasture like it would in its paddock at home. Therefore you should provide your horse with ad lib hay throughout the day to ensure their daily roughage requirements are being met. For example a 500kg horse requires 5-10kg of roughage per day.

2.

Water: Clean water must be available to ensure your horse stays hydrated. As a guide, a horse may drink 25-45 litres per day in hot weather.



3.

Exercise: Horses must receive adequate exercise when they are tied up or stabled at a competition all day. Walking your horse in hand helps with circulation and can reduce muscle soreness. Horses kept in stables must have enough space to walk forward, turn around, lie down and roll.

Do's



Check on your horse regularly



Provide ad lib roughage and water



Warm your horse up before competition



Cool your horse down and check vital signs after riding



Supply adequate electrolytes to recover those lost



Don'ts



Exert your horse past its level of fitness



Over rug your horse, especially on warm days



Leave your horse without food or water



Use ill-fitting tack



Forget to reward your horse after being ridden

Remember to Pack:



Horse Tack



Riders Attire



Feed Supplies



Grooming Kit



First Aid Kit

Feeding and Caring for Your OTT

Dr Jennifer Stewart
BVSc PhD
Dip BEP,
Equine Veterinarian
and Consulting
Nutritionist
Jenquine CEO



Destined for a new home – yours! Thoroughbred horses are so wonderfully adaptable and athletic. For your new 'off the track thoroughbred' (OTT) the two most important lifestyle changes will be **diet and exercise** so it's worth contemplating where they are now and where you want them to be – and it starts with feeding and feeding management.

Foot problems:

If your new horse has thin soles or is foot-sore a veterinary examination to check the hooves and feet will provide your horse with the best chance of recovery from any problems.

Ulcer issues:

High stomach acid levels from long stretches in a stable without hay or grass can cause stomach ulcers. Stomach acid helps protect the stomach from harmful germs and prepares the chewed feed for digestion in the small intestine – but too much is damaging. Your OTT may arrive from the track or spelling farm with ulcers and your veterinary examination will include an assessment for stomach ulcers.

Behavioural issues:

Some horses that have lived in stables can develop behaviours that have never been seen in wild/free-ranging horses. Also known as 'bad habits' or 'vices', behavioural problems often develop in stabled horses as a result of boredom and frustration. Some of these behaviours are box-walking, crib-biting, head-bobbing, kicking walls, nodding, pawing the floor wood and rug-chewing, weaving and wind sucking. Time spent in a stable, high concentrate/grain meals and low hay/grass diets are risk factors, but with a good, balanced diet and plenty of hay and/or grass, these troubles can resolve.

Feeding:

Once you transition your OTT slowly over 2 – 3 months to their new life, the same feeding principles that we apply to all horses, can be followed. Until then, here are some tips that will help them adjust to their new home:

1. Ad lib pasture or roughage all day every day. If you've not much grass and will be feeding hay, allow 10 -12kg a day. This can be made of 4 – 6kg lucerne and 4 – 6 grass/cereal hay. Horses coming from the track can lose weight for the first 7-10 days no matter what you feed them. This is because their biome (gut flora) is not used to a high fibre/hay/grass diet but they will quickly adapt.
2. Feed soaked beet pulp (250 – 1500g), soymeal (150 – 750g) or some psyllium (100 – 250g) every day. Beet pulp, soyhulls, soymeal and psyllium are all excellent pre-biotics and support the growth of the beneficial fibre-fermenting bacteria and the shift to a healthy gut.
3. Add 30 – 90 grams of salt to the feed – the higher level in warm weather and sweating
4. Feed a calcium supplement – common anti-acid ulcer treatments also lower calcium absorption and a calcium supplement is recommended when treating for stomach ulcers.
5. Feed a well-formulated balancer pellet that meets vitamin, mineral and biotin requirements. This avoids the 'shot-gun' approach of adding multiple individual supplements to try and meet individual nutrient requirements. All horses need the same nutrients – it is only the amount that varies. A good balancer should be fed at between 250g and 1000g a day and the amount can be varied according to your horse's body condition and composition.
6. Provide a magnesium supplement especially if your new horse has behaviour or muscle issues.
7. Add 125 – 500ml of linseed oil each day – start with 50ml and increase by 25ml every 2 to 3 days. Assess your horse's response in terms of weight, cover and condition after 7 – 10 days and increase if necessary. What the best amount is for your horse will be determined by workload, body condition and weather. (more next page)

All content provided in this editorial is for general use and information only and does not constitute advice or a veterinary opinion. It is not intended as specific medical advice or opinion and should not be relied on in place of consultation with your equine veterinarian.

Feeding and Caring for your OTT from previous page

Slow the feed intake – if your new thoroughbred had extended periods spent without roughage and long intervals between feeds, they may be greedy feeders when feed does appear! Constant access to hay/pasture, using a larger feed bin and placing large smooth rocks in the feed bin can all slow intake and lengthen feeding time.

Picky eaters may take time to adjust to an unfamiliar diet – apple cider vinegar and fenugreek can entice some. Schedule an equine veterinary dental visit when your horse arrives. Teeth wear in thoroughbreds is different. To minimise social stress and competition in a herd, place the feedbins in a triangle pattern and have 2 more feedbins than the number of horses.

With new knowledge on feeding horses and how our feeding and feeding management can affect our horse's behaviour and gut health, many old-school traditions are now out-of-date. There was a time in Australia when it was 'tradition' to spray plastic, white 'snow' on our windows to create a traditional snowy, cold, white Christmas. Luckily we now know that this was not the best thing to do. Same with feeding horses and we're very lucky to be able to combine sound traditions with up-to-date knowledge. Each horse is an individual and adjustments can easily be made to help your new horse embark on an exciting new life with you. ©2022

Free Sport Australia courses for office holders

Sport Australia offers free director education especially made for sport that is suitable for office holders at the state, zone and club level.

The Start Line ([access here](#)) is governance essentials and takes about two hours to complete the five modules.

A new course focused on risk management [is now available here](#).

The Defence – Risk Education for Directors will enable graduates to understand and apply good risk management practices. It takes less than two hours to complete.

Both of these courses were developed in conjunction with the government departments responsible for sport in each state and territory.

SPORTAUS



National Integrity Framework: Your September issue of NIF News is on the next page



Child safety
Abuse.
Bullying.
Harassment.
Competition manipulation.
Illicit drugs.





**WELCOME TO
NIF NEWS!**

TALKING INTEGRITY IN PONY CLUB

WHAT IS THE NIF?

The NIF stands for National Integrity Framework

The National Integrity Framework is a suite of policies adopted by Pony Club which set out unacceptable behaviour in our organisation and changes the way complaints about breaches of these rules are managed.

WHAT DOES IT MEAN FOR ME?

As a member of Pony Club, if someone behaves in a way that breaches one of the Policies, you can make a complaint about the breach to Sport integrity Australia (SIA). It also means that if you breach a National Integrity Framework policy, you may be sanctioned in some way.

Suanne Waugh, PCA Integrity Manager
Integrity line: 0424 067 045

Want to know more? Click here!

MEMBER PROTECTION

Click the box
to find the
resource!

What is Member Protection?

Member protection is about ensuring all people within Pony Club are treated with respect and dignity and are protected from bullying, discrimination, harassment or abuse.

The Member Protection Policy (MPP)

The policy provides clear definitions of abuse, bullying, harassment, sexual misconduct, discrimination, victimisation and vilification in sport, along with information on how to report these behaviours.

Why is member protection important?

Pony Club should be a place to learn about horses and horse riding in fun, inclusive environment. Abuse, bullying, harassment, discrimination and victimisation are not fun and don't support the aims of Pony Club.

**MEMBER PROTECTION
POLICY**

**LOOKING AFTER ALL
PARTICIPANTS**

**MEMBER PROTECTION POLICY
ANIMATION**

GOT A QUESTION?

Ask me at integrity@ponyclubaustralia.com.au
Q. Is excluding a person from activities due to a disability prohibited conduct under the Member Protection policy?



NATIONAL INTEGRITY FRAMEWORK MEMBER PROTECTION POLICY

The Member Protection Policy (MPP) is designed to protect the welfare, wellbeing, and health of everyone involved in sport. It provides clear definitions of abuse, bullying, harassment, sexual misconduct, discrimination, victimisation and vilification in sport, along with information on how to report these behaviours.

Specifically, the Policy provides a framework to:

- promote a safe, trustworthy, and enjoyable environment at all levels, by protecting everyone in sport from discrimination, harassment, bullying and abuse
- protect the health, welfare, wellbeing, and safety of participants by ensuring everyone involved in sports is treated with respect and dignity
- ensure everyone in sport is aware of their legal and ethical rights and responsibilities, and the standards of expected behaviour
- protect the integrity of sport by reducing the risks of unacceptable behaviours.

Who does this Policy apply to?

The Policy applies to everyone involved in sport including participants, employees, contractors, coaches, officials and support personnel, at all levels, from the national level through to club sport.

The Policy only applies in relation to direct involvement in a sport activity or event. If an interaction has no clear link to a sporting event or activity, the Policy may not apply, and may be more appropriately dealt with under a different Policy, code of conduct or other sport rules.

Prohibited Conduct

The following actions and behaviours are breaches of the Policy:

- ❌ **Abuse** including physical, emotional, psychological or sexual abuse.
- ❌ **Bullying and the inappropriate use of power**, where actions are repeated and deliberate.
- ❌ **Harassment** including unwanted behaviours which are reasonably likely to cause harm.
- ❌ **Sexual harassment and sexual offences.**
- ❌ **Discrimination** either deliberate or inadvertent.
- ❌ **Victimisation of anyone who chooses to make a complaint, or plans to.**
- ❌ **Vilification of anyone based on a particular characteristic**, as covered by legislation.

Full definitions are available in the Policy.

